



Potato Croquettes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

Ingredients

- 2 large baking potatoes
- 0.5 cup bread crumbs plain dry
- 2 eggs
- 0.3 cup flour all-purpose
- 4 servings bell pepper
- 4 servings salt
- 3 cups vegetable oil

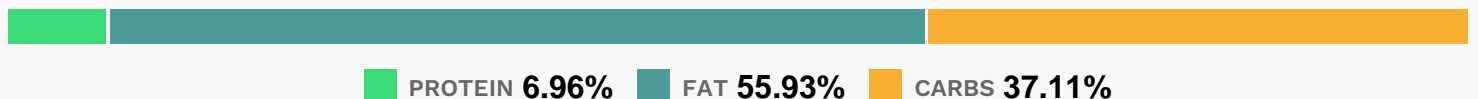
Equipment

- bowl
- paper towels
- sauce pan
- pot
- kitchen thermometer
- slotted spoon
- potato ricer

Directions

- Peel and cube 2 large baking potatoes. Cover with cold, salted water in a saucepan. Bring to a boil; lower heat and simmer for 15 minutes.
- Drain, return to pot and steam for 1 minute.
- Add salt and pepper; mash potatoes well in pot using a masher, or force through a ricer and into a bowl. Stir in 1 egg yolk and let cool. Put remaining egg white and another whole egg in a bowl; beat with a fork.
- Put 1/4 cup all-purpose flour in a small bowl.
- Mix 1/2 cup plain dry bread crumbs, salt and pepper in another small bowl.
- Form 1 Tbsp. potato mixture into a ball; flatten into a 1/2-inch-thick patty. Repeat with remaining mixture. Turn patties, one at a time, in flour, then egg, then bread crumbs and place on a plate.
- Pour 3 cups vegetable oil into a large saucepan over medium-high heat. Insert a deep-fry thermometer; heat to 350F. Cook half of croquettes, turning once, until golden brown, 2 to 3 minutes.
- Remove with a slotted spoon; drain on paper towels. Repeat with remaining croquettes.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:31.47, Inflammation Score:-9, Nutrition Score:24.885652158571%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 567.42kcal (28.37%), Fat: 35.96g (55.32%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 48.89g (17.78%), Sugar: 5.21g (5.79%), Cholesterol: 81.84mg (27.28%), Sodium: 336.21mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.13%), Vitamin C: 105.88mg (128.34%), Vitamin K: 68.09µg (64.84%), Vitamin A: 2453.24IU (49.06%), Vitamin B6: 0.91mg (45.52%), Potassium: 991.78mg (28.34%), Manganese: 0.56mg (27.86%), Vitamin E: 4.12mg (27.45%), Vitamin B1: 0.39mg (26.15%), Folate: 99.18µg (24.8%), Vitamin B3: 4.01mg (20.06%), Phosphorus: 195.12mg (19.51%), Selenium: 13.62µg (19.45%), Fiber: 4.78g (19.13%), Vitamin B2: 0.32mg (18.69%), Iron: 3.31mg (18.42%), Magnesium: 61.54mg (15.39%), Copper: 0.26mg (13.22%), Vitamin B5: 1.24mg (12.38%), Zinc: 1.26mg (8.37%), Calcium: 67.52mg (6.75%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.44µg (2.93%)